



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09443, Juice, apple and grape blend, with added ascorbic acid

Report Date: June 30, 2017 11:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	87.05	2	--	87.01	87.1	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Energy	kcal	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Energy	kJ	211	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Protein ¹	g	0.16	2	--	0.15	0.16	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Total lipid (fat) ¹	g	0.12	2	--	0.11	0.12	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Ash ¹	g	0.22	2	--	0.21	0.22	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Carbohydrate, by difference	g	12.46	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2008
Fiber, total dietary	g	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Sugars, total ¹	g	10.92	2	--	10.87	10.97	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Sucrose ¹	g	0.74	2	--	0.65	0.83	1.0	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	3.72	2	--	3.52	3.92	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Fructose ¹	g	6.46	2	--	6.4	6.51	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Lactose ¹	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
Maltose ¹	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
Galactose ¹	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	07/2008
Minerals													
Calcium, Ca ¹	mg	11	2	--	11	11	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Iron, Fe ¹	mg	0.11	2	--	0.1	0.12	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Magnesium, Mg ¹	mg	7	2	--	6	8	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Phosphorus, P ¹	mg	9	2	--	9	10	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Potassium, K ¹	mg	96	2	--	95	97	1.0	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na ¹	mg	7	2	--	5	8	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Zinc, Zn ¹	mg	0.05	2	--	0.05	0.05	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Copper, Cu ¹	mg	0.010	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2008
Manganese, Mn ¹	mg	0.041	2	--	0.04	0.04	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Selenium, Se	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Fluoride, F ¹	µg	72.1	45	5.507	26.5	102.4	29.0	60.813	83.342	1	Analytical or derived from analytical	--	07/2008
Vitamins													
Vitamin C, total ascorbic acid ^{1 a}	mg	28.2	2	--	11.9	44.6	1.0	--	--	1	Analytical or derived from analytical	--	07/2008
Thiamin ¹	mg	0.006	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Riboflavin ¹	mg	0.015	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	06/2008
Niacin ¹	mg	0.087	2	--	0.07	0.1	1.0	--	--	1	Analytical or derived from analytical	--	06/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.035	2	--	0.03	0.04	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Vitamin B-6 ¹	mg	0.021	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	06/2008
Folate, total	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Folate, food	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Choline, total	mg	2.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Carotene, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Vitamin A, IU	IU	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Lutein + zeaxanthin	µg	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Vitamin K (phylloquinone)	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Lipids													
Fatty acids, total saturated	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
14:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
16:0	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
18:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Fatty acids, total monounsaturated	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
18:1 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Fatty acids, total polyunsaturated	g	0.032	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
18:3 undifferentiated	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2011

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD

Footnotes

^a Various brands and package sizes may have different vitamin C levels due to different fortification practices.